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Citation for published version:

Schiphorst, C, Oliver, CW, Murray, A, Kelly, P & Bull, F 2017, 'Infographic: Best investments for physical activity', *British Journal of Sports Medicine*, vol. 51, pp. 1227-1228. <https://doi.org/10.1136/bjsports-2016-096999>

Digital Object Identifier (DOI):

[10.1136/bjsports-2016-096999](https://doi.org/10.1136/bjsports-2016-096999)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Peer reviewed version

Published In:

British Journal of Sports Medicine

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Best Investments for Physical Activity

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1 Communication and public education

Consistent public education, including use of mass and social media



7 Sport and recreation

Sport systems and programs that promote "sport for all" and encourage participation across the life span



2 Transport and the environment

Transport policies and systems that prioritise walking, cycling and public transport



6 Community-wide programs

Work with communities to provide appropriate local solutions, aiming to mobilise large numbers of people



3 Urban design and infrastructure

Provide safe and equitable access for recreation and physical activity across the life course



5 Education

Make regular physical activity in schools and places of learning normal



4 Healthcare and health education

Ensure assessment and advice about physical activity is a routine part of healthcare services



We need action to achieve the goal of 10% increase in participation by 2025

Work together to make it happen

Global Advocacy Council for Physical Activity (GAPA) the Advocacy Council of the International Society for Physical Activity and Health (ISPAH). NCD Prevention: Investments that Work for Physical Activity. Br J Sports Med 2012;46:8;70 9- 7 12

